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Seven-day Meditation Retreat
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File 4a – Tuesday morning guided meditation

So take a few deep breaths into the belly. Feel your body. You might have done this hundreds or maybe thousands of times before, but this is now. And now is always changing. It's so fast that nothing can ever be the same.

So take your attention to the top of your head right now. Feel the sensation on the top of your head, whatever it is. There's no good, there's no bad. Or maybe it's just all good without bad. Maybe it's just as it is, right now. Not how it was, not how it will be but as it is right now – can you just accept that and be content with that? Or do you want things to be different? Do you want now to be different to how it is?

So feel the sensation of your eyelids on your eyes. Really feel it. Feel your breath going through your nostrils. And keep breathing into the belly, grounding yourself in your body, because your body is here right now. Feel your lips, your jaw, feel your teeth, your tongue touching your palate, feel your shoulders. So if you feel tension in any part of your body try and keep your body still. Watch your reaction to it, watch your judgment of it.

Go to your left shoulder and take your attention down your arm to your left elbow and feel your elbow, however it feels. Then go down to your left hand and feel your hand. And feel your thumb and each finger. Feel your whole left arm. Don't visualise. Try and feel the sensation, whatever it is. Go to your right shoulder and feel your shoulder. Simply feel it. You don't have to do anything with it. You don't need to change anything. Go down your arm to your right elbow, then down to your right hand and feel your hand. And feel your thumb, your first finger, second finger, third finger, your fourth finger. Feel your whole right arm. Take a deep breath into the belly.

Then take your attention to your chest and as you breathe in and out through the nose feel the gentle movement of your chest with the breath. Then go down to the abdomen. So this is the place where the anxiety, the fear, is often concentrated, in the belly. So it's a good place to keep coming back to, to put your attention on. So feel your abdomen rising and falling as your body is breathing. The more deeply you go into your body the more grounded you become, the more power you feel, the less controlled by your mind you are. And real power does not mean control. Real power is freedom.

Feel your thighs, your left knee, your right knee, your left foot and your right foot. Feel your spine from the top of the spine down your back to the bottom of the spine. So every now and again just check that your spine is fairly straight. Then feel your whole body. You might feel a tingling in your body, a pulsing. Your body is coming to life, and sometimes it's painful.

So each time you realise you're not in your body – and I often say, thinking is an out of body experience – that's not what you're looking for. You want to be here in your body. And you're here doing this because you've realised that no experience in the world, however profound, is going to completely satisfy you. So sit and watch. Feel the sensations in your body. Use whatever you can to

come back to your body. But thinking is a very deep addiction. It doesn't go away overnight, but it is possible. It is possible to be free from the ultimate addiction.